



OUR GRATITUDE SPEAKS

WHEN WE CARE & SHARE WITH OTHERS THE NA WAY

newsletter@passaicarea.org

www.passaicarea.org



**“Newsletter Needs Support” All Commitments Open
Chairperson 2 yrs. Clean / Secretary 6 mo. Vice-Chair 9 mo.**

**Passaic Area Newsletter
June 2010**

WHY ARE YOU NOT PARTICIPATING IN THE LITERATURE REVIEW PROCESS?

After coming to NA, one of the things I learned about myself was that I was a goal-oriented person. I was a goal-oriented person before coming to NA. In my active addiction, the goal was the drugs. Finding ways and means to get more. It got to a point, it did not matter so much what I had to do, how long it took, if I was tired, what the weather was like, or any of that. I was at point A, and the drugs was at point B. My goal was to get from point A to point B, what I did to get there, really did not matter. I was motivated to do whatever I had to because there was something in it for me. So maybe you are not participating in the literature review process because you have not figured out, “what’s in it for me?” Well for one thing, it’s a chance to take ownership of your membership! We have a responsibility, an obligation to this thing that gave us freedom from active addiction. It’s a chance to add your unique voice to our message. And it’s not about how well you read or spell. This is not a test! If reading or writing is uncomfortable for you, listen to others and share your experience, strength, and hope. Our recovery is based on our literature. There are times when the first message someone may receive will come from our literature. Places where H & I has not established a presence. Places like, libraries, prisons, and rehabs. We want our literature to sound like us, just like our basic text. But for that to happen, you have to add YOUR voice. Who can say what you feel, understand, or have questions about better than you? There is a new book project out to the fellowship for input and review. The title of the book is “Living Clean: The Journey Continues.” The book will have seven chapters. Chapters one and two were released in June - September of 2009. March 5, 2010, chapters three, four, and five were released, which is being reviewed at present. The closing deadline for those chapters is June 30, 2010.

The literature review process is not boring. It’s creative, it’s sharing, and a lot of fun. There are no right or wrong answers, just what you like or don’t like, understand or don’t understand. Your opinion is what is needed, do not miss this opportunity to let your voice be heard.

Have questions about literature review? Want to get involved? Need help starting a committee? Want to come to a meeting?

Regional literature review meets every fourth Saturday @ 2pm, 154 Christopher street, suite 1A, basement. For more information you can contact me: Lawrence J. 917-673-9653

email: literaturereview@newyork.org.

Dear NA member

We hope you will find personal growth, understanding, and empathy in this Passaic County Area Newsletter. We pray you will be moved to a new level of insight into your recovery and the valuable place you occupy as a member of Narcotics Anonymous. The purpose of our newsletter is to invite members to engage in a journey of recovery. We believe that these stories are presented in a manner that encompass the diversity of our fellowship and is reflective of the spiritual awakening described in our Twelfth Step.

In Loving Service: Robin S. / Acting Chair & Editor

TRADITION FOUR

"Each group should be autonomous, except in matters affecting other groups or NA as a whole."

The NA way of life challenges us to take responsibility for our lives. We learn to make our own decisions and accept the consequences. When meeting hardship or disappointment, we choose not to blame anyone else. We make the best of the situation and get on with daily living. Developing a sense of who we are and what we are about gives us an appreciation of the same process at work in other people. We learn to recognize and respect the boundaries people set for themselves, giving them the freedom to take care of their own lives.

Knowing that today our actions can affect others, we strive to do "the right thing for the right reasons." Read the chapter in the Basic Text on the fourth tradition. Read the chapter in It Works: How and Why on the fourth tradition. Write answers to the following:

1. What does this tradition mean to you?
2. What does this tradition mean to NA?
3. What is autonomy? Why isn't it a license to do anything we want?
4. What sort of things affect "NA as a whole"?
5. How can we use autonomy to further the "primary purpose" of our groups?
6. How can we avoid misusing the "principle of Autonomy"?
7. When does something affect other groups or NA as a whole?
8. The spiritual principles of this tradition are independence, responsibility, open-mindedness, anonymity, and unity. Define in your own words the spiritual principles in this tradition. Look up and write the definition from the dictionary.

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Participating in our own recovery!

Hello. My name is David H.

I first wrote the News Letter after being released from prison and attending N.A. in the free world. Its 6 months later, and I have 6 months clean. At meetings when asked if there are visitors from outside the L.A. area, I would say "Hi, I'm David from the California Department of Corrections. I think I'm going to stick around. Life is good; yet sometimes, the disease kicks in, I become mad and disappointed. But what I've learned is to reach out, call people in the N.A. program and my sponsor. There are a lot of convicts (or people that have done time) in N.A. I am a person who has done 30 years of probation, jail time, parole and prison, and I find adjusting to society and developing my life skills difficult. But N.A. is a 12 Step Program and by working the steps with my sponsor and talking, I'm learning and growing. When I practice the 3rd step, I let God run the show. I am blessed with a job I like, and have a righteous lady who understands where I am at, and where I've been. It's not just about staying clean, its working the steps to change and heal.

David H.

Basic human traits that have been Distorted out of proportion.

Strong, confident, and well rounded people have formed values and principles to live by, and believe deeply in their rightness. Such people live what they believe and share those beliefs with others in a non-critical way when asked. Confidence in our beliefs is essential. Without it, we would be wishy washy, unsure of our decisions, and probably somewhat immature in our dealings with the world. Confident belief becomes ugly self-righteousness when we insist that others live by our values. Attempting to enforce our insistence by manipulating or exploiting others makes this defect even uglier.

"It Works How & Why" page 63



Release Form

The following release form must accompany all submissions to
“Our Gratitude Speaks Newsletter”
Mail to Passaic Service Area P.O. Box 2226 Clifton, N.J. 07015-2226

I hereby give **Our Gratitude Speaks**, their successors, assignees and those who act in their authority permission to publish the attached article or other written material pertaining to my personal experiences with or opinions about the NA fellowship or program. I understand that my material may be edited. I possess full legal capacity to exercise this authorization and hereby release **Our Gratitude Speaks** and the **Narcotics Anonymous fellowship** and its service board and committees from any claim by myself, my successors and / or assignees.

Signature: _____ Date: _____ Witness: _____ Date: _____

The opinions expressed in Our Gratitude Speaks do not necessarily reflect the opinion of any member of the Newsletter Committee or that of NA as a whole. All submissions become the property of Our Gratitude Speaks whether or not you sign the release form. Submissions may be edited for length, language and adherence to the 12 Traditions of Narcotics Anonymous

Passaic County Area Service meets on the 2nd Sunday of the month on the corner of Crooks and Lakeview avenue in Clifton, NJ. Policy meeting starts at 12:00 pm, Area service starts at 1:00 pm with a Workshop. All NA members are welcome to attend.

Passaic County Area Subcommittees Contact Information:

H&I: handi@passaicarea.org (2nd Sunday of the month @ 460 Lafayette ave. Hawthorne, NJ @ 10: am)

PI: pi@passaicarea.org (1st & 3rd. Friday of the month @ 460 Lafayette ave. Hawthorne, NJ @ 7:30 pm)

Activities: activities@passaicarea.org (2nd. & 4th Tuesday of the month @ 17 Pompton ave. Pompton, NJ @ 6:30 pm)

Website: webmaster@passaicarea.org

Workshop: workshop@passaicarea.org

Policy: policy@passaicarea.org

Literature: literature@passaicarea.org

Newsletter: newsletter@passaicarea.org (2nd Tuesday of the month) @ Crooks & Lakeview ave. Clifton, NJ. @ 5:30 pm. (please contact Passaic Area Vice Chair to confirm day & time)

WHAT DOES THE LITERATURE SAY?

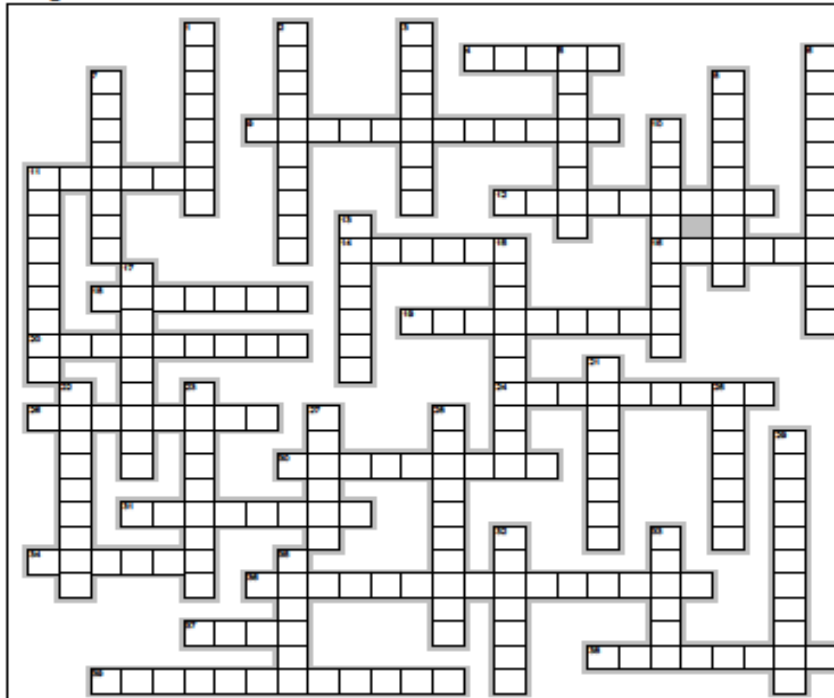


***Trusting the NA Way:
Reading the Literature***

Surrender, the stumbling block of our addiction, has become the cornerstone of our recovery. However, we cannot recover on surrender alone. We must build on our surrender by taking action. Just as we have in the previous steps. In the Tenth Step, we began to practice the discipline required to live spiritually on a daily basis. We continue practicing this principle in the Eleventh Step by persisting in our efforts to take action each day. We place prayer and meditation high on our priority list. We resolve to make prayer and meditation as much a part of our daily routine as eating and sleeping, and then we employ the necessary self-discipline to achieve our resolve. **“It Works How & Why”** page 107

June 2010 Issue:

Step Six "It Works"



Down

1. "We will most likely see the defects we deal with today _____ themselves in a variety of ways throughout our lifetime." pg 67
2. "Our character defects are basic human traits that have been distorted out of _____ by our self-centeredness, causing enormous pain to us and those around us." pg 63
3. "No matter how difficult our _____, we must persevere." pg 62
5. "Sometimes giving up those outdated _____ skills feels like giving up our best friend." pg 65
6. "We are humbled by our _____—but let there be no mistake; humility is the ideal state for an addict to be in." pg 67
7. "We all have fears—of being alone, of not having our _____ needs met, of dying, and many others." pg 63
8. "We've started the process of becoming entirely ready, and we will strive to increase our _____ throughout our lifetime." pg 59
10. "We have a set of _____ to practice that are much more appropriate to our new way of life." pg 64
11. "If we know members who are exhibiting the _____ assets we want to attain, we can use them as an example for ourselves." pg 65
13. "The lifelong _____ of the Sixth Step is just that—a process." pg 59
15. "We've already had _____ in the Third

Step with what we must do now in the Sixth Step." pg 60

17. Our hearts were touched by the humility of _____ in that Power." pg 62
21. "We accept responsibility for our _____ good, bad, or indifferent." pg 61
22. "We ask _____ if we are entirely ready to have God remove all of our defects—every single one." pg 67
23. "This process is _____ and often painful." pg 60
25. "We feel sick inside, knowing how our _____ adversely affect the people in our lives." pg 60
27. "The more attention we focus on our spiritual _____, the more it will unfold in our lives." pg 67
28. "We are likely to feel very _____ as we notice that our defects are getting in the way of our recovery." pg 60
29. "One part of this process involves becoming _____ for our behavior." pg 61
32. "We are completely aware that there's no turning back, because we can never forget the _____ that's begun to happen to us." pg 65
33. "Instead, we can _____ what is and work toward finding solutions." pg 66
35. "We mustn't give up, even when we think no _____ has taken place." pg 62

All of the words in the puzzle can be found in "It Works How And Why" Step Six pg 59 - 68

Across

4. "We will need to _____ our Higher Power to remove our defects of character." pg 64
9. "Part of the process of becoming entirely ready involves practicing _____ behavior." pg 65
11. "But we no longer need these " _____." pg 64
12. "It becomes natural to begin _____ alternatives, setting goals, and following through in the face of adversity." pg 66
14. "We cannot simply say, "Yes, I'm ready. God, please _____ my defects," and go on to Step Eight." pg 59
16. "Confident belief becomes ugly self-righteousness when we _____ that others live by our values." pg 63
18. "Our growing awareness of our _____ often causes us pain." pg 60
19. "We gain more _____ for the defects of those around us as we work this step." pg 67
20. "We're torn between the unprincipled ways of our _____ and the character building principles of recovery." pg 66
24. "Confidence in our beliefs is _____." pg 63
26. "When we honestly admit our wrongs, we find _____." pg 61
30. Deeply shaken by our part in the past, we can expect our _____ to be profoundly changed by working the Sixth Step." pg 59
31. "Through upholding the principles of _____, we seek a life of harmony and peace." pg 66
34. "Our _____ protected us from seeing the wreckage of our lives." pg 64
36. "We may think that if no one knows about them, our more unattractive _____ will go away." pg 61
37. "When the _____ of remaining the same becomes greater than our fear of change, we will surely let go." pg 64
38. "There may still be times when we feel that _____ too much is being asked of us." pg 66
39. "On this spiritual foundation we lay the principles of commitment and _____ as we work the Sixth Step." pg 62

We gain more tolerance for the defects of those around us as we work this step. When we see someone acting out on a defect that we have acted on ourselves, we feel compassionate rather than judgmental, for we know just exactly how much pain such behavior causes. Rather than condemning the behavior of another, we look at ourselves. Having experience in accepting ourselves, we can extend compassion and tolerance to others.

"It works how & why" page 67